



GARLIC-SCENTED FISH STEW

(Bianco)

Corfiot recipe with an Italian sounding name, bianco is pungent with garlic and pepper.

2 tablespoons unsalted butter
3 tablespoons Krinos Extra Virgin Olive Oil
2 medium onions, peeled, halved, and sliced thin
10 garlic cloves, peeled and minced
6-8 medium potatoes, peeled and cubed
Salt, black pepper, to taste
2 1/2-3 pounds gray mullet or whiting, cleaned and gutted, but whole
Water
Juice of 1 lemon
3 tablespoons chopped fresh parsley

Melt the butter and 1 tablespoon of olive oil together in a large stew pot and sauté the onions and garlic for 5 minutes. Add the potatoes, seasoned with salt and pepper, and cook for 5 to 7 minutes, stirring frequently.

Place the fish in the pot over the potatoes, drizzle with remaining 2 tablespoons olive oil, and add enough water to cover the fish. Season to taste. Place the lid ajar, and simmer over medium-low heat until the fish is flaky and the liquid almost gone. Adjust seasoning, pour in lemon juice, and garnish with chopped parsley. Serve hot.

Yield: 4 servings